

Back to School Weekly

MEAL PLAN

	BREAKFAST	LUNCH	SNACKS
MON	Banana Peanut Butter Smoothie	Artichoke Sandwich	Apple Slices with Peanut Butter and Chocolate Chips
TUE	Breakfast Burrito	Sweet Potato Wrap	Rainbow Bowl
WED	Protein Balls	Greek Quinoa Salad	Apple Slices with Peanut Butter and Chocolate Chips
THU	Berry Smoothie	Chickpea Salad Sandwich	Crackers and Hummus
FRI	Breakfast Burrito	No Mess "Chili" with Cornbread	Cucumber Slices, Cherry Tomatoes, Sweet Potato Crackers

@anherbandforestory

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SHOPPING LIST

MEAL PLAN

Produce

2 bell pepper (red)
2 potatoes
1 zucchini
bananas
4 apples
1 kiwi
1 orange
strawberries
blueberries
1 cucumber
cherry tomatoes
celery
2 tomatoes (slicing)
2 onions
1 sweet potato
4 carrots
arugula
fresh basil

Spices

Cumin
Rosemary or Dill (dried or fresh)
curry spice
Onion Salt
Garlic Powder

Cooler/Freezer

1 extra firm tofu
hummus

Bread

bread (nongmo/organic)
non gmo tortillas

Frozen

frozen fruit (berries)

Cereal/Grains

peanut butter
cereal

Refrigerator

Vegan Mayo
Plant Butter (Earth Balance or Melt)
Oatly Oat Milk

Condiments/Crackers

1 jar artichoke hearts
avocado oil
balsamic vinegar
apple cider vinegar
crackers
R.W.Garcia Sweet Potato Crackers

Bulk Section/Grains

2 cups old-fashioned oats
2/3 cup shredded coconut
1 bag quinoa
golden raisins
pine nuts (small bag)
almonds/walnuts
cornmeal
GF flour (Bob's Red Mill blue bag)
aluminum free baking powder
baking soda
ground flaxseed
vegan choc chips (Enjoy Life)
100% real maple syrup
100% pure vanilla extract

Canned Goods

1 can chickpeas
1 can Red Beans
1 can Black Beans

Meal Prep

Breakfast Burritos

chop: 1 bell pepper

1 potato

1 zucchini

1 block extra firm tofu

Stir fry all in a pan with a small amount of oil (avocado oil is a great choice)

Salt and pepper to taste

Spoon mixture into 4 tortillas

Top with salsa and roll up. Keep in the fridge for up to 3 days, wrap extras in foil and freeze for a quick breakfast.

Meal Prep

Protein Balls

- 1 cup old-fashioned oats
- 2/3 cup shredded coconut
- 1/2 cup peanut butter
- 1/4 cup ground flaxseed
- 1 scoop protein powder
- 1/2 cup vegan choc chips (Enjoy Life)
- 1/3 cup 100% real maple syrup
- 1 teaspoon vanilla extract

Combine all in a mixing bowl. Roll into balls (I like to use a small scoop or melon baller works well). Put in an airtight container in the refrigerator.

Meal Prep

Smoothies

- 1/2 cup oats
- fruit (berries or banana)
- 1 scoop protein powder (vanilla for berry)
- 1/4 cup peanut butter (for banana PB)
- milk of choice (I prefer oat milk) to desired consistency

Combine all but milk of choice in blender. Blend lightly, add milk until you reach your desired consistency. Freezing banana/berries is a great way to make the smoothie cold without being watery from ice.

Meal Prep

Apple Slices with Peanut Butter and Chocolate Chips

- 1 apple sliced
- 1/4 cup ground peanut butter
- 1 handful of chocolate chips

This makes one serving, you can easily slice a couple of apples and stick them in the fridge to have ready (but they might brown a bit).

Meal Prep

Rainbow Bowl

- 1 orange sliced
- 1 kiwi sliced
- 1/2 cup strawberries
- 1/2 cup blueberries
- 1/2 banana sliced
- 1/2 cup almonds or walnuts

This makes one big kid serving or two little kid servings.

Meal Prep

Crackers and Hummus

- 1/2 cup Hummus
- Crackers

Try to choose quality crackers, look for minimal ingredients, non GMO, Organic. If it says "enriched" put it back =) Hummus can be divided into containers ahead of time so it is easy to grab and go.

Meal Prep

Cucumber Slices, Cherry Tomatoes, and Sweet Potato Crackers

- 1/2 cucumber sliced
- 5-10 cherry tomatoes
- Sweet Potato Crackers

Wash and slice cucumber (put the other half in a container for the next day). Wash cherry tomatoes so they are ready to eat. I love the R.W. Garcia brand Sweet Potato Round crackers, kids love these too =) Salt and Pepper on cucumbers is delicious as well.

Meal Prep

Artichoke Sandwich

- bread
- artichoke hearts (in jar near condiments)
- tomato
- onion
- arugula
- avocado
- vegan mayo (I like Veganaise)

Slice tomato, onion, and avocado. Toast the bread (optional) and assemble.

Meal Prep

Chickpea Salad Sandwich

- 1 can Chickpeas
- 1-3 tbsp Curry Spice (depending on how spicy you like it)
- 1/8 cup Vegan Mayo (or 1/2 Avocado)
- Greens- Arugula, Spinach, Spring mix
- 1/8 cup Golden Raisins
- 1 Carrot shredded
- 1 stalk Celery thinly sliced

Drain chickpeas and add to bowl. Add curry spices and Mayo or avocado. Mash with fork until mostly smooth and combined. Stir in raisins, carrot, and celery. Serve over greens of your choice. Or try it as a sandwich or wrap.

Meal Prep

Sweet Potato Wrap

- 1 large sweet potato
- tortillas
- Greens- Arugula, Spinach, Spring mix
- Avocado
- Tomato
- 1 can white beans (butter, cannellini, etc.)
- 2 cups cooked Brown Rice

Chop sweet potato into cubes and roast in oven on a baking sheet for about 45 mins. Meanwhile cook rice. While these cook, slice avocado and tomatoes. Rinse beans. Layer rice, sweet potato, and beans onto tortilla. Salt and pepper to taste (seasonings like dill and rosemary work well in here too). Finish with greens, avocado, and tomato.

Meal Prep

Greek Quinoa Salad

- 1 can Artichoke Hearts
- 1 Tomato chopped
- 4-6 leaves Basil chopped
- 1/8 cup Pine Nuts
- Balsamic Vinegar
- 1 1/2 cups Quinoa

Bring 3 cups filtered water to boil. Add quinoa and cook until it just begins to separate (about 10 minutes). Drain and fluff with fork. Transfer to large bowl and add all ingredients. Drizzle balsamic vinegar to taste (2-4 tbsp).

Meal Prep

GF Cornbread

- 1 cup cornmeal
- 1 cup GF flour
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1 teaspoon sea salt
- 3/4 cup oatmilk
- 1/2 cup maple syrup
- 1/2 cup avocado oil
- 1 teaspoon apple cider vinegar

Combine dry ingredients in a medium bowl. Add wet ingredients, stirring until combined. Place into a 9x9 baking pan or a muffin tin. Bake at 350 until golden brown (about 30 minutes)

Meal Prep

No Mess "Chili" Dip

- 1 can Red Beans
- 1 can Black Beans
- 1/4 cup hummus
- sprinkle Onion salt
- sprinkle Garlic powder
- sprinkle Cumin
- 1/4 cup Cherry Tomatoes
- 1/2 red pepper chopped into bite size pieces

Measure out hummus into container. Add onion salt, cumin, and garlic powder- mix well. Drain and rinse red and black beans. Add beans, cherry tomatoes, and red pepper into a container. Throw in a spoon or fork. Kiddos can combine all at lunch or just dip the cornbread in hummus mixture and eat the beans/veggies separate.